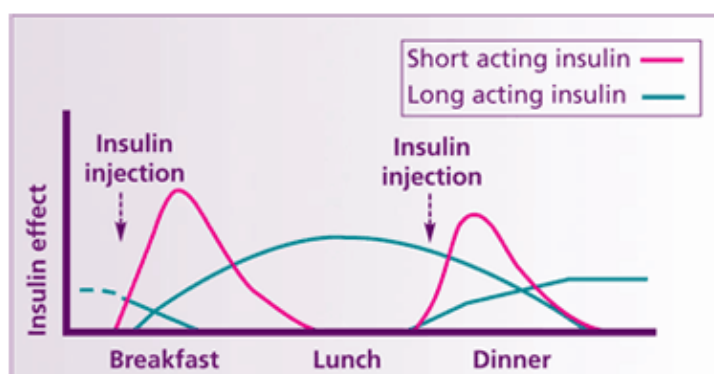


Adjusting twice-daily insulin doses*



Twice-daily insulins have a mixture of quick-acting and long-acting insulin (most typically 30% quick-acting and 70% long-acting). The morning dose of insulin will influence what happens to your blood sugar level at lunch-time and tea-time. The evening dose of insulin will influence what happens to your blood sugar before bed that night and the following morning (before breakfast).

If your blood tests **before lunch** and **before tea** are more than ____ mmol/L three times running, increase the morning insulin by ____ **units**.

If your blood tests **before bed** and **before breakfast** are more than ____ mmol/L three times running, increase the evening insulin by ____ **units**.

If you have a hypo (blood sugar less than 4 mmol/L) that you cannot explain, decrease insulin controlling that time of day by ____ units. For example, a low blood sugar before breakfast should result in a decrease in your evening dose, whereas a low reading in the afternoon should result in a decrease in dose the following morning.

In most cases, try to make a change to only one insulin dose at a time—typically the one responsible for your highest blood sugar readings.

If you are unsure or have any questions, please contact the diabetes nurse specialists on **242 1470** or **242 1471**. Leave a message and they will get back to you.

*All of the following are twice-daily mixed insulins : Humalog Mix25, Humalog Mix50, Humulin M3, Insuman Comb 15, Insuman Comb 25, Insuman Comb 50, Novomix 30 and Hypurin Porcine 30/70